

Responsible Use of Alcohol Workshop for Big Ten Student Athlete Professionals

Professor Ruth Engs, Applied Health Science, Indiana University, Bloomington

Presented at: 1998 Big 10 Compliance and N4A workshop, *Life issues that Affect Student-Athletes Decision Making*, Indiana Memorial Union, Indiana University, Bloomington IN, April 14-17th, 1998.

The purpose of this presentation is to acquaint personnel at big 10 universities with responsibility for student athletes with issues concerning drinking on campus and how it relates to the student athlete. The history of drinking cultures, statistics concerning student and student athlete drinking patterns, suggestions for responsible alcohol education and harm reduction will be discussed.

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NOTE: Paper manuscripts, drafts, and other material for Dr. Engs can be found in the IUArchives. Finding aid for collection is available at:

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The following pages contain the outline for the presentation and other material.

RESPONSIBLE USE OF ALCOHOL

Workshop Presented April 16, 1998 by: Professor Ruth Engs

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HISTORY OF DRINKING CULTURES

1. SOUTHERN - wine with meal, no intoxication, everyone drinks including children few alcohol related problems.
2. NORTHERN - spree drinking, intoxication, only adults drink, perceived problems, ambivalence to drinking (ie, either/or mentality)
3. Blended - both grain and fruit based beverages consumed.
4. These patterns brought to USA by immigrants
5. Clash of cultures and other factors bring on "drinking -non drinking" cycles
 - We have had three anti-alcohol cycles in the past 200 years. 1840-50s, 1900-1920, 1980-? (2000)
 - During the duration of the anti-alcohol aspect of the cycle there is backlash drinking and increased social problems after severe restrictions are place on consumption.

WHAT THE RESEARCH TELLS US ABOUT COLLEGE STUDENT "BINGE" OR "HEAVY," OR "AT RISK" DRINKING

- Frat members more likely to be heavy drinkers
- White males likely to be heavy drinkers
- Team players more likely to be heavy drinkers
- Low GPA more likely to be heavy drinkers
- Smokers more likely to be heavy drinkers
- Roman Catholics more likely to be heavy drinkers
- Under 21 year olds

OTHER FACTORS CONCERNING YOUTHFUL DRINKING IN THE USA

- Magical thinking
- Rite of passage
- “Norm” among youth culture
- Secret drinking
- Parental norms

Is heavy drinking among students a new phenomena?

Heavy drinking among students has been the norm since the 1300s !

It will be impossible to eliminate drinking, “zero tolerance”, however, it is possible to encourage responsible behaviour

Notes:

SUGGESTIONS FOR RESPONSIBLE ALCOHOL EDUCATION FOR ATHLETES

- Learn table manners, “dining skills,” cooking, and wine selection - ie wine and beer appreciation. Sipping not chugging,. “How not to be a bull in a china shop”
- Learn “pride” and “role modeling” - ie with fame and power comes responsibility.
- When in drinking situation remember if she says “no” **even once** “don’t do it.”
- Take condoms with you to a bar or party and **always, always** use them.

RULES FOR “AWESOME, COOL GUY” DRINKING

- no more than one drink per hour
- sip don’t chug
- have a designated driver
- alternate drink with non alcoholic beverage
- drink non-alcoholic beer
- know what you are drinking - some mixed drinks have “doubles”
- assign a “bird dog” to watch out for too much intake
- have good snack food available
- eat while you drink
- if she says “no” even once **“don’t do it”**
- don’t mix alcohol with antibiotics, antihistamines and other meds
- leave if someone wants to pick a fight with you
- dose response - ie “a drink a day keeps the heart attack away” not saving up for weekend
- if you are “out of control” seek help - ie, you only meant to have 4 beers but just kept drinking for no reason, your friends say you “drink too much,” you can’t get girls to go out with you more than once or twice
- have fun

You may duplicate this sheet to pass out to students.

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ALCOHOL AND THE ATHLETE

1. Do you sent athletes to the court or field without practice and training?

2. Do we give 16 year olds licences to drive without training?

3. Do you train your athletes how to drink in a mature and responsible manner ?

4. Are increasingly repressive anti-alcohol measures working on your campus?

- Haines expectation study

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Table 1. Chi-square results of students exhibiting behaviors.

| All Students | | | | Drinkers Only | | | | |
|--------------|-----------------|-----------|----------------|---------------|-----------------|----------------|-------|-------|
| | No. of Students | Abstainer | Light/Moderate | Heavy | No. of Students | Light/Moderate | Heavy | |
| Gender | | | | | | | | |
| | Males | 4641 | 21.8 | 44.5 | 33.7* | 3630 | 56.9 | 43.1* |
| | Females | 7440 | 30.9 | 56.7 | 12.4 | 5071 | 82.1 | 17.9 |
| Age | | | | | | | | |
| | Under 21 | 6931 | 30.2 | 47.7 | 22.1* | 4841 | 68.4 | 31.6* |
| | Over 21 | 5068 | 23.7 | 57.7 | 18.6 | 3868 | 75.6 | 24.4 |
| GPA | | | | | | | | |
| | 4.0 | 537 | 41.0 | 50.3 | 8.8* | 317 | 85.2 | 14.8* |
| | 3.5 | 2387 | 32.6 | 52.6 | 14.7 | 1608 | 78.1 | 21.9 |
| | 3.0 | 4499 | 27.0 | 53.5 | 19.5 | 3285 | 73.3 | 26.7 |
| | 2.5 | 3205 | 21.9 | 52.3 | 25.8 | 2502 | 66.9 | 33.1 |
| | 2.0 | 814 | 23.8 | 47.5 | 28.6 | 620 | 62.4 | 37.6 |
| | <2.0 | 179 | 24.6 | 39.7 | 35.8 | 135 | 52.6 | 47.4 |

Table 2: Mean drinks per week among students who consume alcohol at least once a year for different drinking categories

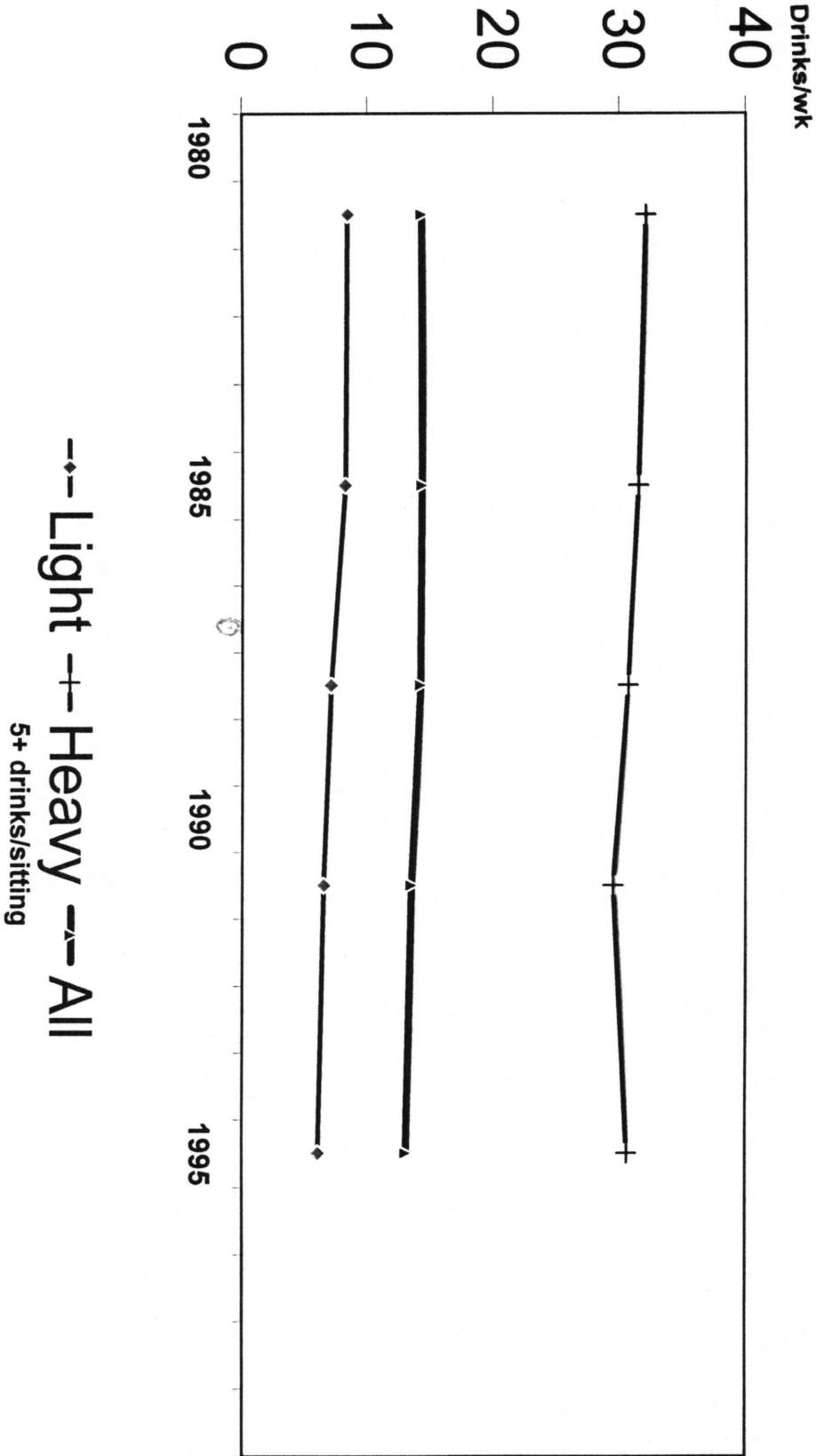
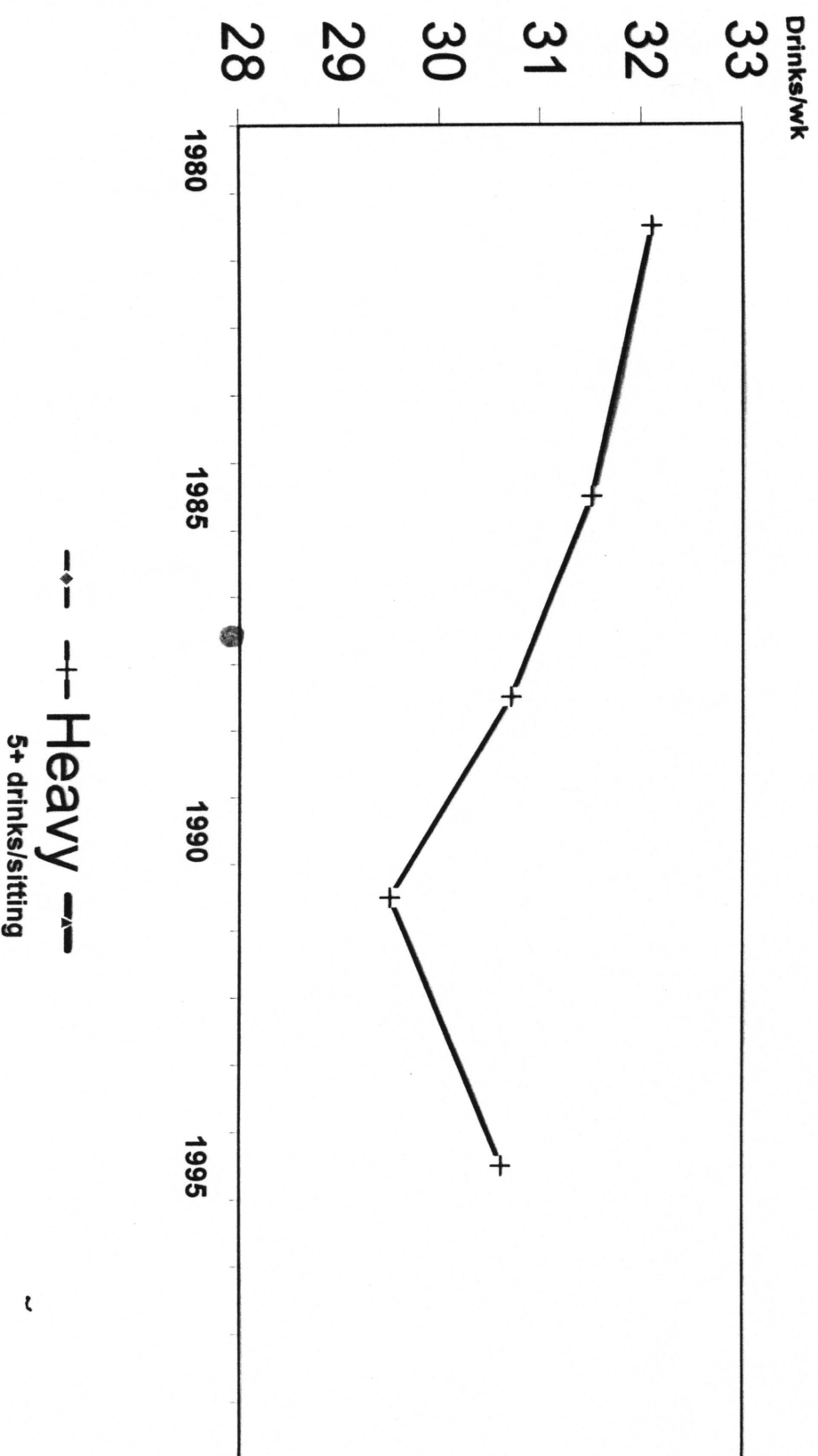


Table 2a: Mean drinks per week among students who consume alcohol at least once a year for different drinking categories



35% Drinkers 20% Total Population

Table 3. Chi-square results of the percent of students exhibiting each quantity-frequency level

| All Students | | | | |
|---|------------------------|------------------|----------------------------|--------------|
| | <i>No. of students</i> | <i>Abstainer</i> | <i>Light/ Moderate</i> | <i>Heavy</i> |
| Mem./pledge of fraternity/sorority | | | | |
| Member | 4641 | 21.8 | 44.5 | 33.7* |
| Non-Mem. | 7440 | 30.9 | 56.7 | 12.4 |
| Religion | | | | |
| Catholic | 3844 | 15.6 | 56.4 | 28.0* |
| Jewish | 234 | 15.8 | 59.8 | 24.4 |
| Protestant | 3301 | 22.4 | 56.4 | 21.1 |
| Drinkers, Protestant non- drinkers | 2594 | 48.0 | 40.4 | 11.6 |
| Race | | | | |
| White | 9862 | 23.5 | 53.3 | 23.2* |
| Non-White | 1921 | 45.6 | 45.8 | 8.6 |

SUGGESTIONS FOR RESPONSIBLE ALCOHOL EDUCATION FOR YOUR ATHLETES

- Teach table manners, “dining skills,” cooking, and wine selection - ie wine and beer appreciation. Sipping not chugging. Tea party?
- Teach “pride” and “role modeling” - ie with fame and power comes responsibility.
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- Take condoms with you to a bar or party and always, always use them.

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- drink non alcoholic beer
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- have good snack food available
- eat while you drink
- if she says “no” even once **“don't do it”** - have sex
- don't mix alcohol with antibiotics, antihistamines and other meds
- leave if someone wants to pick a fight with you
- if you are “out of control” seek help - you only meant to have 4 beers but just kept drinking for no reason
- Dose response

WHAT CAN I DO ON MY CAMPUS?

DISCUSSION GROUPS
SHARE IDEAS